



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Let's Go on a Yoga Adventure!

The focus of this activity is FLEXIBILITY. Flexibility is the ability to bend and move the joints through the full range of motion. Ready to build your flexibility?!

Practicing Yoga can be a great way to improve your flexibility along with practicing compassion, mindfulness, generosity, focus, and strength. Select the link below to get started!

- Activity Link: <https://ymca360.org/on-demand#/category/86/videos/87>

### The benefits of Flexibility

- Fewer injuries
- Improved physical performance
- Improved posture and balance
- Less muscle pain

### Goal Setting

- What activity can you do to increase your flexibility each day? Set a goal and make a plan, you and your body will be a winner!